



Association
MOGA



ЦЕНТЪР
ЗА РАЗВИТИЕ
НА ЧОВЕШКИТЕ
РЕСУРСИ



Съфинансиран от програма
„Еразъм+“
на Европейския съюз

Lead me up

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Our experience shows that in every kind of organization everything starts and ends with the leadership. If you want to grow your organization, the first step is to grow your people and yourself as better leaders. One good leader is more precious for an organization than hundred volunteers!

The main goals of the project are:

- to help our youth workers and activists get familiar with the basic principles and levels of leadership;
- to help them learn how they can develop as leaders, to correctly assess their level and progress and to consciously strive to move to a higher level;
- to let our youth workers meet successful young leaders and to learn from their experience, viewed through the prism of the universal principles of leadership.
- to develop and improve methods and tools for quality leadership trainings, which to be used in our work, both in our local communities and in international projects;
- to motivate more young people from our communities to develop as leaders and to change their lives and the lives of others for the better;
- to support local history teachers so that they can explain the work of historical figures in terms of the universal principles of successful leadership, to link knowledge of their subject to real success in the lives of their students.

Through this project we will increase the influence and effectiveness of our organizations and help more young people from our communities to be motivated and prepared to change these communities for the better. We will also increase the usefulness of formal education by linking its knowledge to its actual application in the lives of the students. Last but not least, we will significantly increase the chances for professional realization of our young people.

The project will gather 32 youth and social workers, youth leaders, teachers, entrepreneurs and young activists, from Poland, Iceland, North Macedonia, Bulgaria, Portugal, Romania, the Czech Republic and Lithuania. It will take place between 22.09 and 02.10 near the beautiful mountain town of Chepelare Bulgaria (22.09 and 02.10 are travel days and the activity is from 23.09 till 01.10]. Each national group will consist of 4 participants.



The program will last 9 days and will include modules for clarifying the needs of participants and set long-term and short-term goals in their development as leaders, principles of leadership, levels of leadership, meetings with successful young leaders, development and field testing of new educational tools for offline and online leadership trainings, as well as the development of a handbook for the growing leader.

Preparation

Each participant will fill in the Google form <https://forms.gle/amFkUsTWHhtTB5jp7> which will help us better assess their needs, expectations and preferences.

We will have two video conferences with each national group — the first one will let us learn more about each participant and assist the groups with the preparation of their tasks.

The second one will be about the non-formal and inclusive education, helping participants set their personal goals in order to get the maximum for themselves from this project and the safety, practical and logistic matters. Besides that, we will have one conference with all the national teams in order to start breaking the ice, getting to know each other and exchange ideas for the project. We will be happy to see all the participants in the Facebook group of the project: <https://www.facebook.com/groups/384586953771510> because we will use it as a main tool for communication during the preparation, the activity itself and the dissemination phase.



Guest house Izvoirte

The venue is situated in the heart of our mountain. The beautiful resort village - Progled. Which is 5km from the city center of Chepelare, 4km from the center of the ski resort Pamporovo and 20km from the regional center - Smolyan. The weather there in this time of the year is pleasant and cool – 18-23 degrees C at day time and 7-10 at night. The house has 12 2/3/4-bed rooms with own or shared bathroom, almost all of them have balconies with gorgeous wild mountain view and some of them have separated kitchens. It has a nice conference room and a huge garden for outdoor activities. The food and beverages are from local bio-producers and the water is one of the cleanest in Europe. There are many nature landmarks around likethe Chudnite Mostove, Snezhanka Tower, The rozhen astronomic observatory, saint Panteleymon monastery, the Trigrad gorge, Eagle eye, Smolyan lakes , The waterfalls' canyon, many eco-trails etc., some of which will be visited during the project. There is a small shop in the village less than 50 meters from the venue. There are exchange offices in the town of Chepelare, which can be visited by need.



We suggest that if you bring money – those should be in Euro. The currency here is BGN and the exchange course is app 1,95 BGN for 1 Euro. The prices are not veryhigh – a bottle of water 1,5l – 0,8 BGN, a coffee – 1,2 BGN, a sandwich – 1,5 BGN.



How to get here

The 2 airports you can use are Sofia and Plovdiv. There is a regular bus transport from those towns to Chepelare, Smolyan and the venue. There are 6-7 buses from Sofia between 7 AM and 6 PM and to Sofia between 6:30 AM and 5 PM and the trip is approx 4,5 - 5 hours. From and to Plovdiv there are buses almost each hour between 7AM and 6 PM. All the buses travelling to Smolyan pass through the venue before getting there, you just have to ask the driver to Stop at the entrance of Progled and then you have 300-400 meters to the guest house. In case your flight is later, we can arrange a shuttle from the airport. From Sofia airport to the central bus station, you can use the subway line – M1. The Participants from N. Macedonia and Romania can travel by bus, train or by car (please notice, that if so, the car should be property of some of the participants). We can reimburse taxi costs only, if we have a proof that there weren't any cheaper means of transport available.



What to take with you?

Please notice that the project is funded by Erasmus + program and the accommodation, food and travel expenses of the participants are fully covered by the program. The hosting organization do not require any participation fees from the participants. Despite of this you can take some pocket money with you. If you take somekind of medications, you should have them with you, because the pharmacies aren't very near to the venue. You have to take some warm and comfortable clothes, sunscreen, some traditional food for the national evenings, comfortable shoes (we have some hiking in the program), an umbrella, swimsuits (cause there are pools nearby) and of course your good mood.



Travel budget

North Macedonia and Romania –180 Euro, Poland, Czech Republic–275 Euro, Lithuania and Portugal –360 Euro, Iceland – 530 Euro

Please notice that if you travel from a town, different from the town, where your sending organization is registered, you may belong to other distance category and if so – please let us know before you plan your trip. We suggest that participants try to travel together and use the most economic transport. By planning your trip, please contact our project coordinator Atanaska Raeva, our trainers Kuzman Kumchev and Kalina Marinova on our official e-mail: moga-bg@abv.bg, our Facebook page <https://www.facebook.com/association.moga> or their personal profiles, which will be shared in the Facebook group, we will create for the project.

Please **DO NOT** buy or book any tickets before consulting with our team!

Notice that 11.07 and 21.07 are the two main days, if you arrive 2 days earlier or depart 2 days later, but if so, you have to arrange your accommodation and food on your own. If you need some assistance, you can contact us for assistance.

Reimbursements

Please keep all your original tickets, boarding passes and bills, because other ways we cannot reimburse your travel costs. The reimbursements will be made once we have all the original papers.

Insurances

All the participants should have their European health insurance card with them and our organization will make an additional insurance for all of them for the period of the exchange.

Special antiepidemic precautions

We will have a doctor, responsible for the project, which will make an online health briefing with all the participants and also another one right after their arrival. She will assure that all the precautions necessary are being taken each day of the project. Each participant will pass through a physical examination by arrival and departure. The temperature of all of the participants will be measured distantly 3 times daily. We will have masks, gloves and sanitizers on our disposal all the time and the conference hall will be sanitized 3 times daily [most of the activities will be held outdoor].

